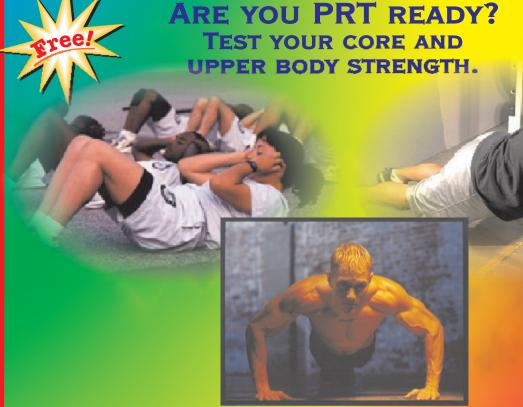
NORFOLK NAVAL SHIPYARD & NAVAL MEDICAL CENTER PORTMOUTH

Gurl-up & Push-up Challenge









Complete a two-minute curl-up and/or push-up test anytime between 7 a.m. and 3 p.m. Monday through Friday.

AGE DIVISIONS: Men & Women - 17 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64 and 65 & older

Win a T-shirt when you beat the previous winner in your age division.

Open to active duty and DoD civilians. Call 967-2500 for more information.